



## Oat, Pecan & Manuka Honey Breakfast/Snack Bars

Makes 8

### Ingredients

- 1 cup porridge oats
- 1 cup pecan halves
- 10 dates chopped finely
- ½ cup pumpkin seeds
- 2 teaspoons cinnamon
- 1 teaspoon sea salt
- 1 tablespoon maple syrup
- 2 tablespoons manuka honey (or regular honey)
- 1 tablespoon light olive oil
- 2 tablespoons melted butter

### Preparation

Pre-heat oven to 350 °F. Blend ingredients together in a bowl with a fork and mash until well mixed. Spread in the bottom of a non-stick or foil lined small baking tray (approx 6 x 8 inches or smaller). Bars should be about 1 1/2 cm thick. Bake for 30 minutes.

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